

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join us for the Senior Resource Fair on:</p> <p>Thursday, June 9 2:30 p.m.—5:00 p.m. Mountain View Senior Center</p> <p>Information on health, housing, legal aid, insurance, homecare, dental, cholesterol, transportation and more!</p>		<p>1 10:30 Line Dancing, lunch room 11:45 Lunch Menu Linguini w/ Tuna, Peas & Bell Pepper Spinach Salad Banana 12:45 Bingo, lunch room 5:30 Movie: Knight and Day</p>	<p>2 8:30 Notary Service 11:45 Lunch Menu Garlic Chicken Brown Rice Sesame Parmesan Zucchini Potato Salad Watermelon 1:30 SALA Appts</p>	<p>3 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Glazed Baked Hawaiian Ham Wheat Dinner Roll Sautéed Broccoli & Carrots Corn Fresh Fruit 1:00 Movie: Knight and Day</p>
<p>6 10:30 Dancing, lunch room 11:45 Lunch Menu Beef Stuffed Bell Pepper Brown Rice Spring Blend Vegetables Fruit Sugar-Free Gelatin 1:00 Big Bingo</p>	<p>7 11:45 Lunch Menu Chicken Cacciatore Pasta Squash Watermelon 1:00 Movie: Going the Distance 4:00 Wii Bowling</p>	<p>8 7:30 Jackson Rancheria Casino Trip 10:30 Line Dancing, lunch room 11:45 Lunch Menu Beef Stroganoff Wheat Dinner Roll Chilled Broccoli Salad Grapes 12:45 Bingo, lunch room 5:30 Movie: Going the Distance</p>	<p>9 10:30 Bookmobile 11:45 Lunch Menu Salmon Stuffed Boats Couscous Swiss Chard Baked Tomato Peaches 2:30 Senior Resource Fair</p>	<p>10 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Oven Roasted Chicken Breast w/ Mushroom Gravy Brown Rice California Blend Veggies Fresh Fruit 1:00 Movie: Going the Distance</p>






NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

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Monday	Tuesday	Wednesday	Thursday	Friday
13 10:30 Dancing, lunch room 11:45 Lunch Menu Chicken Cordon Bleu Whole Wheat Noodles Green Beans Provincial Garden Salad Mandarin Oranges 2:00 Hearing Screening	14 8:30 HICAP 9:15 Eyeglass Repair 10:30 Book Club - "When Everything Changed" 11:45 Lunch Menu Beef Stew Whole Grain Roll Garden Salad Sugar-Free Gelatin & Tropical Fruit 1:00 Movie: How to Train Your Dragon 4:00 Wii Bowling	15 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 Lunch Menu Baked Seasoned Fish Brown Rice Sautéed Broccoli & Sweet Potatoes Fresh Fruit 12:45 Bingo, lunch room 2:00 Senior Advisory Committee 2:30 Workshop: Email Accounts 5:30 Movie: How to Train Your Dragon	16 10:30 Bookmobile 11:45 Lunch Menu Chicken Asparagus Pecan Pasta Caesar Salad Cantaloupe 1:00 SALA Appointments	17 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Chinese Pepper Steak Fried Brown Rice Brussels Sprouts Oriental Vegetables Cottage Cheese w/ Fruit Celebrate June Birthdays w/ Birthday Cake  1:00 Movie: How to Train Your Dragon
20 10:30 Dancing, lunch room 11:45 Lunch Menu Boneless Pork Chop Vegan Split Pea Soup Wheat Roll Garden Salad Tropical Fruit Cup 2:00 Newcomers' Group	21 11:00 CSA Information + Referral 11:45 Lunch Menu Egg Frittata Muffin Laguna Blend Veggies Salad Blueberries 1:00 Movie: Toy Story 3 4:00 Wii Bowling 6:00 AARP Driver Safety Course	22 10:30 Line Dancing, lunch room 11:45 Lunch Menu B.B.Q. Chicken  Pasta Salad w/ Veggies Cauliflower & Carrots Apple 12:30 Alzheimer's Screening 12:45 Bingo, lunch room 5:30 Movie: Toy Story 3	23 10:30 Bookmobile 11:45 Lunch Menu Mediterranean Fish Brown Rice Pilaf Marinated Cucumber, Olives & Tomato Salad Peaches 1:00 Workshop: Purple Lamp—Senior Transitions	24 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Vegetable Lasagna  Chicken Noodle Soup Garlic Bread Tuscany Blend Veggies Banana 1:00 Movie: Toy Story 3
27 10:30 Dancing, lunch room 11:45 Lunch Menu Breaded Cod  Spanish Rice & Black Beans Broccoli & Cauliflower Garden Salad Fresh Fruit	28 9:15 Eyeglass Repair 11:45 Lunch Menu Chicken Pot Pie Confetti Coleslaw Apple 1:00 HICAP 1:00 Movie: Robin Hood 4:00 Wii Bowling 6:00 AARP Driver Safety Course	29 10:30 Line Dancing, lunch room 11:45 Lunch Menu B.B.Q. Pork Ribs  Wheat Roll Baked Beans Carrot Raisin Salad Mandarin Oranges 12:45 Bingo, lunch room 5:30 Movie: Robin Hood	30 10:00 VTA Photos 10:30 Bookmobile 11:45 Lunch Menu Spaghetti w/ Meatballs Broccoli & Cauliflower Bananas w/ Yogurt 1:00 Workshop: Dealing w/ Depression	